



# **LIONS ONLINE FORCES COACHING ACADEMY**

**SAMPLE INCOMPLETE ISSB BOOK**

**FOR**

**LC,TCC,GDP,AD,CAE,PN CADET,GRADUATE COURSE,LCC  
& DSSC**

**LIONS ACADEMY PUBLICATION**

**CONTACT NUMBER:0344-1927042**

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**LIONS ACADEMY  
PUBLICATIONS**

## **ISSB TESTS & INTERVIEWS**

- a. ISSB is the abbreviation of Inter Services Selection Board
- b. It has four branches as in Kohat, Gujranwala, Karachi and Quetta At this chapter we will discuss everything of ISSB
- c. The official website of ISSB is [\*\*www.issb.com.pk\*\*](http://www.issb.com.pk)
- d. You are advised to check this website regularly for your status means for call later updates

### **Documents Required:**

- **Bring the following documents with yourself, Otherwise you will not be allowed;**

- **Original CNIC/ Form B**
- **ISSB Call Later with Booklet)**
- **Matric and Inter DMCs (original)**
- **Matric and Inter Certificate(original)**
- **Not Recommendation Later (for repeater)**

### **Note:**

- If you have not given Inter Original Certificate then sign a certificate from Board Secretary of the reason
- If you have a revised DMC/Certificate (or you have correct your name, f/name, d.o.b or improved your marks or any other amendment) then you must verify your DMC/Certificate from concern board

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### **Required Things:**

- Bring the following items with you:

1. Ballpoints (only blue),
2. Clothes, Shoes (other than sports)
3. Bathing materials,
4. White shorts and white T shirt,
5. Some amount of money,
6. Sports Shoes,
7. Chapels and
8. Items of daily use as polish, Perfume Razors, shampoos.
9. Track Suite is white Shirt and Necker,
10. White Shoes
11. White Socks (and Pullover/Jersey in winter).

***These things are also available at ISSB Shop and you can buy there on payment.***

### **ISSB TERMS & RULES:**

ISSB is the abbreviation of **Inter Services Selection Board**  
***It has four branches across Pakistan as in***

1. Kohat,
2. Gujranwala,
3. Malir (Karachi)
4. Quetta

### **ISSB has generally 4 days schedule as under:**

1. ISSB Reporting Day (Reception / Form Filling )
2. 1<sup>st</sup> Day (Psych Tests)
3. 2<sup>nd</sup> Day (GTO Day / Psych or Deputy Interview)
4. 3<sup>rd</sup> Day (GTO Day / Psych or Deputy Interview)
5. 4<sup>th</sup> Day (Re-interview / Re-command task / Re-obstacles /Departure)

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**Highlights of Career as an Officer:**



- As an officer one enjoys a great sense of purpose of serving the motherland
- Wearing the uniform gives a sense of pride and honour
- Opportunity to lead a large team at a very young age
- Disciplined and orderly life style
- Best of training and education
- Sports and adventure
- Work life balance and over all well-being

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**THIS IS OUR SAMPLE BOOK:**

**IT CONTAIN ONLY**

- **WORD ASSOSIATION TEST**
- **PICTURE STORY**
- **INTERVIEW**
- **OERSONALITY HACKING TRICKS**
- **PROGRESSIVE TASK**

**FULL ISSB CONTENT IS AVAILABLE IN OUR FULL BOOK.**

**THIS IS ONLY A DEMO REVIEW OF OUR BOOK.**

**IF YOU LIKE THE SAMPLE, THEN BUY OUR COMPLETE NOTES.**

**FIRST TIME IN THE HISTORY OF PAKISTAN ,A COMPLETE UNACADEMY MATERIALS OF ISSB FOR SELF STUDY WITH RECOMMENDATION GURRANTE.**

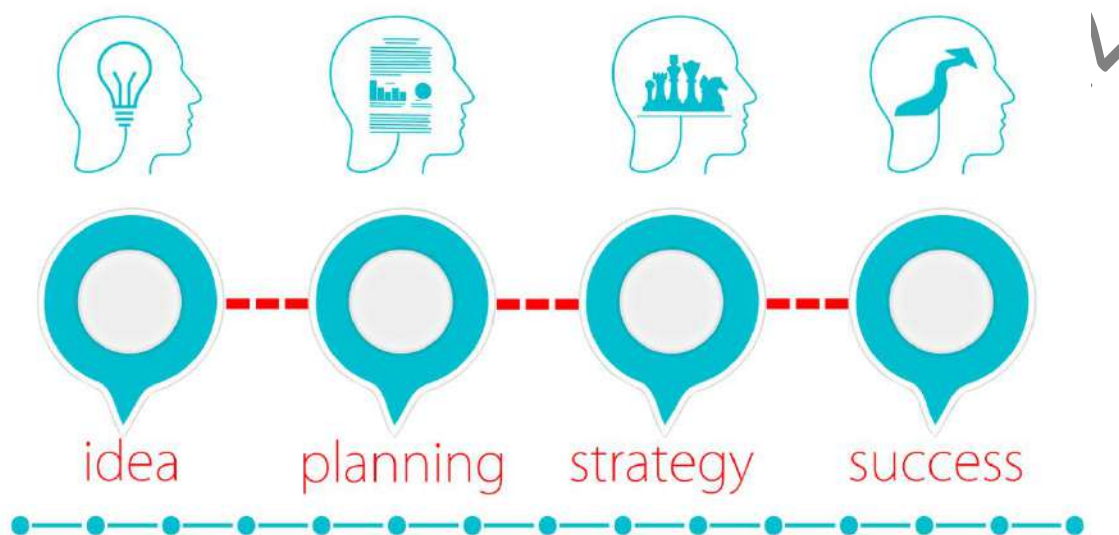
**SHARE IT**

**HELP OTHERS.**

**LIONS ACADEMY, FIRST CHOICE OF  
GENIUS STUDENTS**

**What qualities are checked in ISSB?**

**Planning and Organizing**



*This factor includes four qualities which are associated with the mental aspect of the person.*

**Effective Intelligence** This is the ability of a person to evolve solutions to practical problems. It is different from basic intelligence which is measured using the intelligence tests (Verbal and Non-Verbal). In EI the assessor wants to see if you can solve day to day problems and cope with minor difficulties of daily life.

**Reasoning Ability** It is the ability of a person to grasp a given situation and arrive at a conclusion by rational thinking. In RA the assessors are looking for your receptivity, inquiring attitude, logical reasoning and the ability to see the essentials of a problem.

**Organizing Ability** It is the ability to use the resources systematically to produce effective results.

**Power of Expression** It is the ability to put across one's ideas



adequately and with ease and clarity.

### **Social Adjustment**

This factor includes three qualities which are associated with the heart/conscience of the person.

**Social Adaptability** It is the ability of a person to adapt himself to the social environment and adjust well with persons and social groups. The assessor is interested in your abilities to adapt to the members of the group, how you interact with them, with the assessor, are you tactful in your dealings with others etc

**Cooperation** It is the attitude of an individual to participate willingly and in harmony with others in a group achieving the group goal. It is important to be a team player and one must not be selfish. The group aim and objectives should be most important as compared to individual aims and objectives. The assessors will be keen in seeing your team attitude.

**Sense of Responsibility** It is the thorough understanding of the values of duty, social standard, and of what is expected of an individual and then giving it his energy and attention on own accord. The assessor is keen on knowing if you understand your duty as a child/student/citizen of a country and do you have a right sense of what is the social standard and know what is expected of you as an individual, and then do you give your best energy and attention towards it without anybody having to remind you or tell you. For example, if as a student you have not done well in school/college and do not have a valid reason for poor performance it will be interpreted as low sense of responsibility. Because, as a student your duty is to study hard, and if



you have failed to do that it will obviously mean that your sense of responsibility is low.

### **Social Effectiveness**



This factor includes five qualities which are an outcome of the dynamic interaction of the above two factors, i.e. head and the heart.

**Initiative** It is the ability to originate an action. The assessors see if you take the lead in the right direction and sustain it till the result is achieved.

**Self Confidence** It is the faith in your own abilities to meet stressful and unfamiliar situations.

**Speed of Decision** It is the ability to arrive at a workable decision quickly. There are two components of this namely, appropriateness of the decision and quickness in arriving at the decision.

**Ability to Influence the Group** It is the ability of a person to influence others in the group to achieve the objectives set by him/her. What is seen is, if you can convince others to do things willingly that you want

them to do without use of any force.

**Liveliness** It is the capacity of a person to remain calm and cheerful when faced with difficulties, and bring about a cheerful atmosphere in the group. What is seen is, if you get unduly worried or disturbed when faced with difficult situations.

### **Dynamic**

This factor includes three qualities which are associated with the limbs or the coordination between the mind and the body



**Determination** It is the ability to put in sustained efforts to achieve objectives in spite of obstacles and setbacks. The assessors see whether you are focused, able to concentrate on the task and continuously work towards achieving the objectives.

**Courage** It is the ability to appreciate and take purposive risks. What is important is to take risks only where required and that too after careful thought. Some candidates tend to take rash decisions which may endanger the life of subordinates and that is undesirable. Hence, what is important is 'calculated risks when required'.

**Stamina** It is the capacity to withstand protracted physical and mental strain. It includes both physical and mental endurance.

## **7 WAYS TO REMAIN FOCUSED ON YOUR GOALS**



### **1. Make SMART goals.**

SMART here is an acronym where

S- specific

M- measurable

A- attainable

R- relevant

T- time bound

- Make sure that the goals that you've set for yourself are specific. It'll be easier for you to focus better and to work towards it with clarity.
- Next, your goal should be measurable; you should be able to tell when you have achieved your goal.
- Attainability of a goal means that you can do and is within your capability.
- Having a relevant goal means that the goal should have some value for you and it shouldn't be something that doesn't excite you.
- Lastly, having a time bound goal will make sure that there exists a deadline and that the goal becomes a reality and doesn't just remain a dream.

**2. Write down your goals.**

"I hear and I forget; I see and I remember; I write and I understand."  
– Chinese Proverb. Thinking about a goal may only keep you aware of it and motivated to some extent but writing it down makes a huge difference, it's your own way to tell and remind yourself that this is what you want in life and by doing this; it'll be etched on your consciousness.

**3. Have strong reasons.**

When you decide upon your aim and goal in life you must do so with reasons which are strong and powerful enough to not only get you excited but also motivated. Reason and belief together make a great motivator to work hard and to put in efforts towards the goals set. Your goal should excite you and then you need to be determined to work for it.

**4. Make a plan and follow it.**

Just dreaming and reminding yourself of what your dreams and ambitions aren't will not get you anywhere. You need to make a well thought and well-organised action plan which ensures your progress towards the attainment of your goals. Make a realistic plan that you can follow and keep a check of how much you efforts you are making.

**5. Tell others about your goals.**

While I read somewhere that one shouldn't reveal their goals, I on the other hand feel that one MUST tell their near and dear ones about their dreams and goals. Once you've told your goal to someone, they can check on you regarding your progress, which is a great motivator. Having someone (other than yourself) to be answerable to will make sure that you don't get sluggish. Also remember that responsibility is a result of accountability.

**6. Take action every single day.**

Do something every day which is shortening the distance between you and your goal. No goal can be achieved in a day; it requires constant effort, patience and determination. Therefore, you must do constrictive things daily that are benefiting you and allowing you to come closer to your goal. Break it down into smaller parts and then work on them individually.

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**7. Believe in it and act as if it's already your reality.**

"The mind is everything, what you think you become"- **SIR HANG**.  
Indeed this holds true. Believing in yourself, your capability gets you motivated and you tend to remain determined to achieve what you want. Also, acting as if the goal is already your reality is another great motivator. If you think in a particular manner, you will end up believing in that thought which has a direct implication on your behaviour. Therefore, believe in yourself and use the power of your mind.

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Make your body language such that people feel and think that you're a positive and an open person. Smile, give warm and affectionate handshakes, make eye contact, walk with your head held high, and speak clearly and effectively.

#### **5. Focus on the moment.**

While talking and conversing with others shift your focus from yourself, how you look, how you talk to what's being spoken. Focus on the content, the words, the expressions and the tone.

#### **6. Turn self-consciousness to self-awareness.**

With your understanding of what makes you shy, seek within yourself and observe yourself. Self-awareness is the first step towards any change or life improvement.

#### **7. Practice social skills.**

Social skills aren't hard to cultivate. Practice them and figure out what you should do and how you should behave in particular situations.

#### **8. Try new things in life.**

You get one life to live and there are number of things to do and goals to achieve. Don't let your social anxiety take control of your life. Join a club, go to a new place, play a new sport, do things that you've never done before even if it makes you anxious. This is the best way you will gain confidence.

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4. Your weaknesses, by knowing your weaknesses one can work on that and can change them in One's strengths. It will help you in changing the image of a word in your mind {explained later}.
5. First of all look at the words carefully as it will be shown only for 6 to 8 seconds.
6. If you miss any word, leave blank space for it.
7. As you'll see the word your mind will form an idea, now it depends on your personality to make a positive idea or a negative idea.
8. Then write a sentence on the idea you have formed.
9. Make sure your writing is legible.
10. There are no negative words, if you'll look them with a positive approach. Words will work in your favor automatically.
11. Try to practice WAT at your home and make some response sheets.
12. You'll see the response will automatically will get better and better.
13. You must write at least 12 officers like qualities in 100 sentences.
14. Do not use too many sentences on defense forces.
15. Don't write simple observations
16. Don't write idioms, phrases, quotations, universal truths. They show lack of original thoughts.
17. Don't use the word "I or Me" much.
18. Write sentences from human point of view.

### **HOW TO WRITE A POSITIVE SENTENCE FROM A NEGATIVE WORD**

When your reaction to a negative word is positive, it will be easy for you to make a sentence .From the word.

**Form a positive idea from a negative word shown in the slide.**

For example:

**DIE:**

Now when we hear die, an image of death comes to our mind. It is natural but a

little practice will help you to change the image out of your mind.

**Sentence**

**Pakistani people are diehard fans of cricket.**

Or

Sentence-With **defeat:** Pakistan defeat india by 3 runs.

- Do not use readymade sentence. This will break the pattern of loop created by psychologist.
- Practice writing negative words, it will help you in changing the image of those words in your

**Rules for negative words**

A negative word in Word Association test as

**Kill**

- **Than you can make Sentence with it's opposite positive word which is**

**Save**

so your sentence will be: HE SAVE LIFE BY DONATING BLOOD.  
HE SAVE A BOY FROM ROAD ACCIDENT

**Note:**

one thing in this sentence that on seeing this sentence one can feel that this is negative sentence because I have used Accident but

**Here look at the action**

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the action is quite clear Saving of a boy means saving of someone life. So you have show actions like above sentence because the actions give a good impression

**WAR:**



*Peace lead to prosperity*

- *It is best if you change negative word into positive idea directly*  
e.g:

**Beat**

He beat the enemy (negative)

Pakistan beat india by 3 runs (direct conversion of negative word to positive idea)

**Never use not** in your sentences because not itself is negative

**EXAMPLES OF SOME WORD ASSOCIATION TEST**



Animals	A good care keep them healthy
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Apology	India must apologize for terrorism
Appoint	A right person is appointed to the jobs
Arrest	The culprit is arrested immediately
Assume	We assume bright future of Pakistan
Army	Pakistan army is going towards modernization
Attitude	Positive attitude pays
Appreciation	Appreciation is necessary for doing good work
Avoid	Smoking is to be avoided
Abide	Law is to be abided strictly
Ambush	Enemies ambush is to be destroyed completely
Argue	Logical argument helps for better conclusion
Admire	Hard workers or always admired by their Boss

# B

Background	Good background influences in building up one's
Blood	People donate blood for needier
Beauty	Kashmir is symbol for beauty
Blunt	Opponent is to be pushed bluntly
Book	The Brave forever alive in the books of history
Bias	A biased Action is unfair
Behavior	Everybody like decent behavior
Brave	Tipu Sultan is remembered for bravery
Black	Black board is useful for teaching
Beggar	Begging is to be discouraged
Bow	We bow head to respect our parents
Brotherhood	The best example of Brotherhood is in military
Backward	Education will remove backwardness
Badminton	I often play badminton
Band	The band makes show more romantic
Basic	Good schooling is today's basic requirement
Batches	The best batch was given price on trade
Battle	The soldier decided to do or die in the battlefield
Built	Our cricket has built a reputation

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Begin	Good beginning is always impressive
Behave	Ideal behavior earns respect
Baby	A baby is to be brought up healthy
Bungalow	Bungalow is to be maintained beautifully
Barrack	Barracks are kept hygienically fit
Baith	The player strongly baith the body towards boundary
Befitting	Our men give befitting reply to the opponent
Bring	Good schooling brings up a child as talented

# C

Custom	Respect over customary things
Crime	Strong law checks crimes
Cool	Decision taken in cool atmosphere will be correct
Character	Good character is reasonable
Chance	Chance is always availed
Conduct	Good speak about good conduct
Commander	The commander motivates his men for better result
Company	Good company influences
Confidence	Interview with confidence impresses
Corporate	Corporation is always benefited
Courage	Over man out for Cargill courageously
Corporation	Corporation gives benefit both sides
Careful	Careful observation to collect more information
Couple	Love marriage makes a couple happy
Country	Pakistan is my country
Comfort	Others comfort are first
Century	Shahid Afridi made a fine century
Crowd	Has no palace everywhere
Clever	The player kick the ball into goal cleverly.
City	Lahore is Pakistan's famous city.
Child	Good schooling brings up child's well.
Certain	Study makes man certain to do well.
Carrier	Hard work leads to Good career .
Complaint	Complaint is investigated fast.

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Create	Modernised machines create more output.
Concession	The poor are to be given financial concessions.
Conclusion	A planned attempt gives better result.
Crowd	Planned system controls the crowd .
Concrete	Concrete can facilitate the flowers.
Course	Vocational courses developed skill.
Color	We do our best to keep the color of the country high.

# D

Day	Hard workers lead good Days Ahead
Desire	My parents always desired my progress
Duty	We do duty attentively
Defend	Soldiers in sure to defend their country
Dictator	Dictators with characteristic examples are successful
Death	Death comes to all
Disagree	I disagree when there is no logic
Determination	Determination leads to success
Democracy	Our democracy is success
Decide	Once anything is decided that is done
Divide	Big work is divided further for smooth function
Discipline	Discipline is required everywhere
Do	We do neat and clean work
Dream	We are the people to make countries dream true
Difficulty	Difficulty comes and is sorted out
Dominate	Our cricket team dominated and won
Dedication	I love those who work with dedication
Dull	Dullness is removed with game activities
Difficult	Difficult questions are solved by applying correct formulas
Dog	Dog is useful to guard
Dirty	Dirty things are thrown out
Doctor	Doctors play an important role in the society
Dowry	Dowry is to be condemned
Dance	Dance is a good means of entertainment
Dishonor	Nobody accepts dishonourableness



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Dislike	I dislike loose talk
Disobey	No one disobeys lawful orders
Dispensary	Medicines are laid out there in a system

**REMAINING LETTERS FROM E TO Z WITH SOLVED SENTENCES ARE IN OUR  
FULL BOOK**

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### **PERSONALITY DEVELOPMENT TIPS FOR ISSB**



#### **HOW TO BE A HERO**

1. Stop the “I don't know anything” pretension: Some of us think that if we try to pretend as if we know nothing about the ISSB and how things are done in SSB others will think that we are innocent and take us lightly. Trust me I have seen candidates behaving that way. It casts a negative impression on your mates. Avoid it.

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2. Stop the "I know everything" show-off: Everybody knows that if you are in ISSB you ought to be intelligent and smart but don't forget that so are they. Your mates are not fools so stop answering every question that is being asked in your group. If person 'x' is asking to person 'y' then tell me where do you stand to answer the question? Stop playing the crow in between who tries to catch the ball every time it is thrown.

3. Pulling other person's leg will make you fall eventually: If you find pulling legs and talking sarcasm cool then surely your group mates will like you to remain aloof and retain your coolness alone. Hence pulling leg of a weak member or talking sarcasm on anybody is not an officer's material.

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**8 WAYS TO BUILD A SUITABLE PERSONALITY FOR ARMED FORCES**



- 1. Be honest** – Your honesty is your identity card. What you say should be what you do. A bluffer can never be an officer. Honesty in behavior keeps the things crystal clear and imposes your perfect image on others.
- 2. Let your action speak louder than your voice** – Keep your voice in control and make people to judge you by your actions, rather than your voice or pitch. In ISSB your actions, mind and words are analysed to decide your perfectness for the services.
- 3. Be lively and happy** – An officer faces several kinds of situations and circumstances in his life time. Your moral and your liveliness makes the situation calm and this helps the officer to handle the situation.
- 4. Develop your productive interest and hobby** – Your nature of working depends over your hobbies and interests. Your hobbies and interests should be productive rather than casual and time wasting like watching TV or chatting on FB, Whatsapp. If you are watching TV then watch some knowledge full shows. Productive hobbies and interest can be repairing basic machines, gathering technical knowledge, tracking, cycling, etc.
- 5. Confidence is all you need** – Your confidence is checked in all ISSB tests. Officer means responsibility, and confidence is the factor that drives responsibility. Your mind should always keep a motto on top that nothing is impossible for you. Then you can easily track new ways to reach your destination.

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**6. Control your temper** – An officer is the one who controls his mind and temper in all situations. Loosing temper can add problems. Your coordination with your team should be in a humble, coordinated and calm state. Try to solve problems in casual life without losing temper.

**7. Curiosity makes** – Questioning and inquiring is a good habit and this enhances the experience and widens our mind's reach. The Armed Forces need a candidate who can complete a given Work/ task with the given resources. It is not always that officers get all resources they need. They have to manage the task keeping the given resources in mind. And this can be achieved with the help of prior experience. Your risk, responsibility, stamina and determination to complete the work is all that expands our experience.

**8. Do and make the task done** – Your ultimate aim in Armed Forces will be to accept and make the task done on the orders of seniors. No matter how and why, your eye should be at the end of the task. Be a leader, operate your men, and make them to do the task as per your plan and stay involved in the task

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**THEMATIC APPERCEPTION TEST:**

**INTRODUCTION:**

Picture story writing is a psychological test where a psychologist reads your mind with the help of a story you write. A rough type picture will be displayed for 30 seconds on screen and 3.5 minutes will be given for writing story in English on a blank page. Total four pictures will be displayed and you have to write four picture stories.

**4. SECRET TIPS TO CLEAR PICTURE STORY**

- 1. Observe picture carefully** – People forget to do this and start writing the things they have read somewhere else or someone has asked them to write or taught them. Every personality is different and if you follow others personality success will never be yours.
- 2. Make a blue print in mind** – Normally things should be made up in mind first in the given 30 seconds and then it should come in the paper. Never change the things in between. Be original and live with it.
- 3. Keep it short with the flow intact** – I have been assessing a lot of mentees for their stories and what I see in the majority of the cases that the flow and the link are missing in most. Different stories cannot be altogether in one story. We only need one story with what led to the thing, what happened and what could be a probable ending.
- 4. It's not an English writing competition, but a psychology test** – People spend a lot of time in writing good words and beautiful English. It's not that competition. Even if things are grammatically wrong but psychologically relevant you have the chance to get recommended.

**TIPS FOR WRITING BETTER PICTURE STORIES**

1. Remember the picture is hazy so concentrate and try to drive out the most positive scene you can. Spend the 30 seconds given for observing the picture very effectively.
2. Stay away from pre conceived stories, or those you have read from Books. Stay as original as you can.
3. Go for a fewer number of characters, even if you see a mob, marks only 2-3 characters at the most, this will help you in building a better story and save your time.
4. Your story must comprise of a hero/heroine and this should be the central character of your story. The hero should do some heroic or appreciable thing in your story. Make a single hero only.
5. Write the story in appropriate tense.
6. You don't have to describe the scene instead you have to imagine what possibly could have led to the scene, how the hero overcame the problem in your story and what the result was.
7. Thus in general a story should have a format somewhat like this. There should be some problem/concern, there should be a hero and he should overcome the problem, and then write that the problem or concern was solved or taken care of and the hero felt nice on doing so.
8. Listen to the instructions given very carefully.
9. Do not write very impractical stories, like being rewarded for doing something, means getting bravery award and all. Getting

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rewarded is a difficult task and doesn't happens in real life too often, so be practical.

10. You will be asked to write the action of the story; here you have to write the main gist or theme of your story in a single line or 5-10 words. Keep in mind that you don't have to give the title to your story.

11. Write the story neatly, without cuts and in best possible handwriting.

#### **Character:**

The characters you are describing in picture story directly reflects you, so put characters and their profession according to your aims.

#### **Things to avoid:**

(Don't put characters related to forces as captain or lieutenant in every story but instead you can also write other professions as doctors, engineers etc)

#### **Past**

Write the introductory past of character.

#### **Present**

#### **Situation:**

How the character handle the situation

His present situation related to his past

#### **Future**

His aims in future.



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***Apply these points on your every story.***

2. Relate the picture to your story.
3. Write stories on four different themes for four different pictures
4. Do not exceed 12 lines for a story.
5. Write story on your own ideas and do not copy others ideas.
6. Do not ask for picture description from ISSB staff.
7. Story must be having a high sense of achievement.
8. End of the story will be very good and determination.

***Some model pictures for picture story writing***



Ali is a young Surgeon, who is posted in a village and serving the people of Peshawar with dedication. One night he was called by a farmer whose wife was in advanced stage of pregnancy. Reaching he realized that the case is complicated and needs urgent advanced treatment. He informed the same to farmer but before Ali

and farmer could shift her, the labor pains grew at an alarming rate. Ali had no choice but to operate her in the village hospital. After a long and delicate operation, Ali could not save the child but the wife of the farmer was safe. Ali was sad that despite his best efforts the child could not be saved. He then decided to improve the facilities in the village hospital. He took a loan from a bank and established a specialist hospital in the village. Now he along with his team is treating people of nearby villages at a very reasonable cost.

**Note:** In this story, the candidate has projected himself as a surgeon (intelligent) who cares for people (compassionate) and is dedicated. He takes quick decisions and also the risk when required (by doing the emergency operation though the facilities are not adequate). He takes initiative to improve the facilities in the hospital.

**Story No:2**



Ali and Ayesha are classmates since childhood and have completed Biotech Engineering from xyz Institute of Technology. As they were bright students they got a job with Pharmaceuticals. The company tasked them with development of a medicine to curb diabetes in young children. Both of them worked hard, burned

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### **SAMPLE INCOMPLETE ISSB BOOK**

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midnight oil and after two unsuccessful attempts they developed a medicine which was ready for trials. The company took the necessary permission and did the trials on young patients. During the trial also the medicine was modified and finally after two long years of work the medicine was declared successful and was ready for production and sale in market under prescription of qualified doctor. This achievement brought them to the forefront and they were awarded by the Govt.

**Note:** Through Ali and Ayesha you have projected yourself to be a bright student having interest in research and associated with development of medicine (creativity and sign of intelligence). Worked hard for two long years reflects determination and perseverance. Succeeding after two unsuccessful attempts reflects the ability to cope with failures and sustaining the effort till the objective is achieved.

**40 SOLVED PICTURE STORIES WITH THEMES AND EXPLANATION ARE IN  
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**IDEAS FOR THEMATIC APPERCEPTION TEST BASED ON PICTURE**



**These are various themes which you Can use in your picture story:**

**Scene of Factory or Workshop**

- Modification of Factory
- Quick Order Delivery
- New Invention
- New design
- Scene of Office Meeting/ Phone Calls
- Board of director
- Presenting new idea
- New techniques
- New education system
- Planning

**Scene of Fight/Running/Knife in hand/ Pistol in hand/Catching the Throat**

- Yoga
- Karate
- Commando
- Learning martial arts

**Scene of Defence Forces /Army Soldiers**

- Patrolling
- Planning
- Army officer and his ACHIEVMENT
- Getting information of target

**Scene of Vehicle Car/ Bike**

- Car/Bike rally
- New design of an engine
- Pollution free vehicles
- Less competition
- Multi fuel design

**Group of Girls/women**

- Vocational training centre
- Cottage industries
- Handicraft industry
- Health/hygiene training

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- ISSB selection training
- Modelling
- Dramatics
- Folk dancing
- Family Planning

**Scene of Boat/River/lake**

- Boating competition
- New design of boat
- Racing
- Rafting

**Scene of Bridge**

- Repair of bridge
- New design
- Widening of bridge
- Bridge inauguration

**Scene of Mountains**

- Mineral/Oil discovery
- Plantation/forestation
- Tourism/archaeological
- Hiking, skiing, study of historical structure
- Water/river
- Pollution
- Creating lake
- Reservoirs
- Tourist resort
- Boating
- Flood control
- Digging
- Navigation/waterway

**Land**

- New technology of agriculture
- Drip irrigation

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- Digging canal
- Creation Reservoir for water
- Plantation
- Windmill

**People/Villager**

- Cottage industries
- Small scale industries
- Handicraft Industries
- Agricultural Industries
- Teaching new agricultural Method
- Education/Family planning/Child Marriage menace

**Road/traffic/accident**

- Widen road
- One- way traffic
- Bus facilities
- Street- lights
- Encroachment removal
- Zebra crossing
- Traffic lights
- Evacuation of hospital

**Boys scouts/cycle/car**

- University Camp
- Cycle rally
- Car rally
- Picnic
- Jogging
- Peace march
- Blood donation
- Rescue operation

**Sitting in Office**

- Planning
- Research
- Relief operations i.e. flood, earthquake etc.

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**PRACTICE PICTURE STORIES**

**Picture Story No 1**



**Picture Story No 2**





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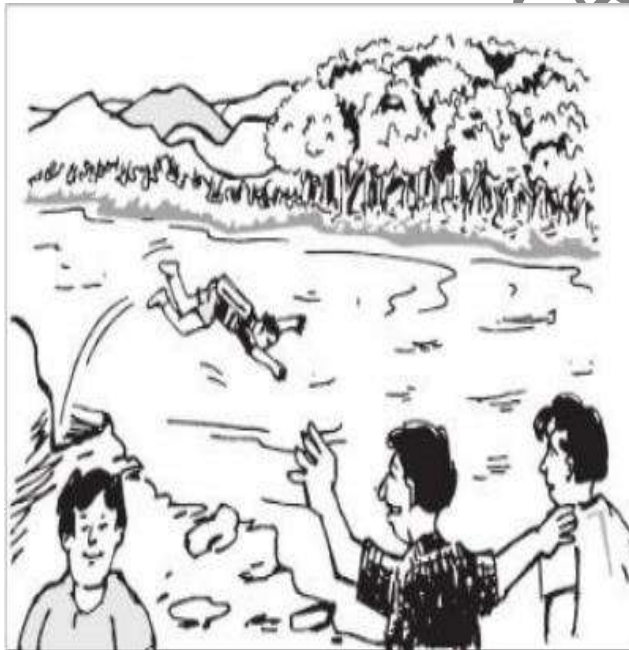
**Picture Story No 3**



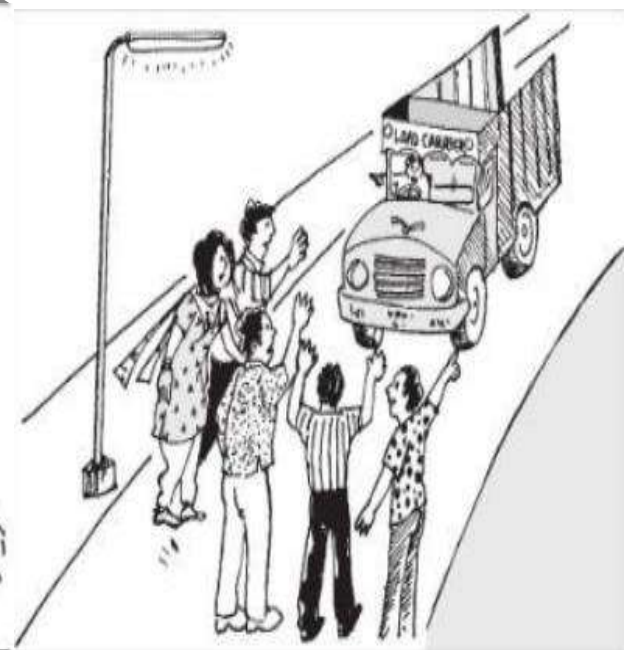
**Picture Story No 4**



**Picture Story No 5**



**Picture Story No 6**



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**Picture Story No 6**



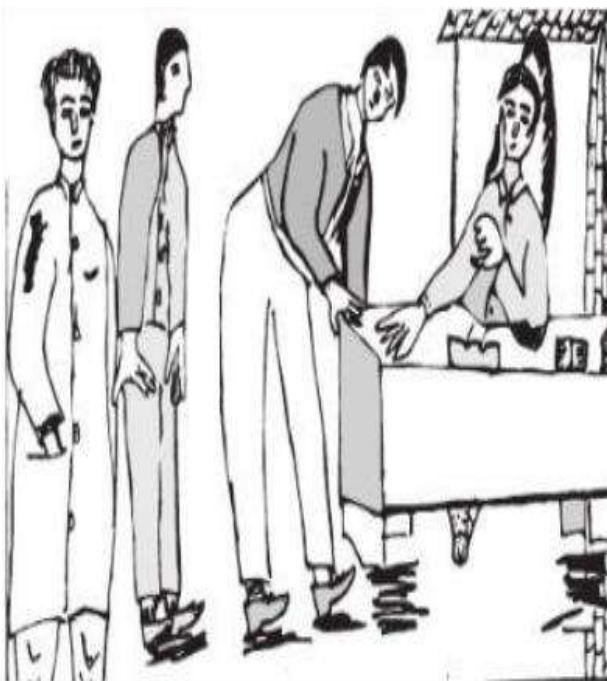
**Picture Story No 7**



**Picture Story No 8**



**Picture Story No 9**



**Picture Story No10**



**Picture Story No11**



LIONS ACADEMY

**Personal interview:**

**8 POWERFUL TRICKS TO BOOST YOUR CONFIDENCE BEFORE THE INTERVIEW**



**1. Stop Thinking Too Much.**

It's finally come down to the moment that every Defence Aspirant waits for, your interview, which gives you the chance to express yourself and to convince the authorities that yes "I have it in me". So just stop over thinking. One of the biggest reasons why people fail to feel and be confident is their fear of thinking of the 'what ifs'. Don't make the situation more complicated for yourself by dwelling in such thoughts.

**2. Work on your Non-Verbal Communication.**

93% of the communication between humans occurs through means of non-verbal communication. Your words only comprise of 7% of the total communication. So I hope you realise how important it is to focus and to work on your gestures and postures. From the moment you enter the room, till the time you move out of the door, The IO is observing your body language. There should be congruence between what you say and what your body says.

**3. Think happy thoughts.**



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While you are sitting outside and waiting for your interview to start think about the happy moments and memories that you have about yourself and your loved ones. It could be a day out with your family, a trip with your friends, a conversation with your teacher or time spent with your pet. Anything. Think about whatever makes you happy. In doing so, the level of your stress hormones decreases and you start to better and positive.

#### **4. Superman Pose.**

Research says that standing in a superman pose before doing anything significant and important helps you feel better and confident about yourself. The superman pose causes a decrease in cortisol level of 25%. So 10 minutes before your interview starts, go somewhere private and for 2 minutes stand in the superman pose. Be self-assured.

#### **5. Go back to the last time you felt confident.**

Think of the last event in your life in which you felt really confident about yourself. Mentally go back to that event and try to recall your emotions and feelings at that point of time. Try to remember how much relieved and happy you were after the completion of that particular task. Try to feel the same emotions and feelings and you'll end up becoming more confident.

#### **6. Rehearse Mentally.**

Just go through major points that you have to remember during your interview and try to just scan through all the pointers that you had prepared for yourself. You should be clear about each word that you had written in your Personal Information Questionnaire (PIQ), so just rehearse whatever you had written and any other major fact and detail that you have to remember.

#### **7. Think of nice things that people have said about you.**

Try to think of all the positive things that your friends, family, colleagues and your teachers have said about you. It's the best way to remind yourself that you are capable of doing good and great things in life. You will instantly feel positive and confident about yourself.

#### **8. Enjoy the moment!**

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You are about to give probably the most important interview of your life. You've worked hard, you've dreamt about it and you're so close to living your dream. So just live in the moment. Breathe in and breathe out. Later in life this'll be one of your fondest memories, provided you believe in yourself and follow the above tricks!

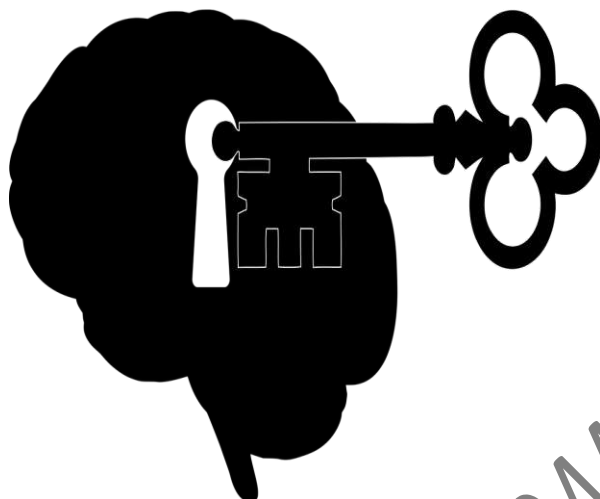
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**13 PSYCHOLOGICAL LIFE HACKS TO CLEAR THE PERSONAL INTERVIEW**



We are shaped by our thoughts. How we think, perceive and believe all influences how we adjust and function in our environment. We all know that psychology has an integral role to play in the ISSB interview. The agenda of the interview is to determine whether the candidate possesses the Officer Like Qualities (OLQs). This is done by means of a purposive or directed conversation between the candidate and the Interviewing Officer (IO). Not only is the current personality evaluated but the training potential of the candidate is also assessed.

In order to excel in the interview, the candidate needs to be in touch with his/her own personality and of their surroundings. The following psychological life hacks will help you in performing better in the SSB interview.

**Cognitive reframing**

It is a psychological technique used to identify negative thoughts, and reframing those thoughts into more positive challenges. Before your interview starts, instead of thinking it to be a threat, perceive it as a challenge which you have to overcome. You'll be likely to perform better and efficiently. You are in control of your emotions, and thoughts. Tell yourself you're happy or you're excited. Eventually your brain will end up believing it. Saying that you're depressed or you're feeling anxious will make you all the more depressed and anxious.



**Your attitude is everything.**

Learn how to deal with stress without changing your behaviour. It's not always possible to answer all questions in the correct manner. Don't lose your cool and don't be demoralised if the interview isn't going the way you wanted it to. Just go with the flow and give it your best shot.

**Maintain proper eye contact.**

In a research it was found that 67% of interviewees fail to maintain adequate eye contact. Maintaining proper eye contact is essential since it shows that you are confident. A candidate who looks straight in the interviewer's eye will be appraised as more confident than a candidate who looks at the floor or at the ceiling and avoids eye contact. But don't stare or gaze hard at the IO. Look at their eyes long enough to notice what colour they are.

**Chewing gum before the interview**

Researchers from St. Lawrence University found that gum-chewing benefits working memory, episodic memory and general information-processing speed. The chewing motion makes it easier to focus and concentrate. Chewing some gum before the interview may help you focus, remember important information and it helps to combat the stress and nervousness. Don't forget to spit the gum out before entering the interview room!

**Smile!**

While entering the room, greeting the IO, thanking him or listening to him, keep your smile on. Smiling from time to time (wherever appropriate) makes you feel more relaxed and cheerful. Smiling indicates that you are cheerful and connect with people easily.

**Posture**

Stand up straight, avoid slouching, keep your hands out of pockets, and head held up high. It's not just a cliché — you literally feel better.

## **LIONS FORCES COACHING ACADEMY 0344-1927042**

### **SAMPLE INCOMPLETE ISSB BOOK**

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**Dress smartly.**



If your clothes create an initial unfavorable impression, you'll have trouble neutralizing it during the interview. If you look good, you feel good; and if you feel good, you'll do well.

#### **Etiquettes.**

Manners and courtesy help in tilting the direction of the interview in your favour. Before entering the room, gently knock on the door. You can politely ask if you can come in- enter only when you are asked to, with confidence. Wish those present as per the time of the day. Wait till you are asked to sit and thank the person who asks you to sit down. While answering questions, be respectful and say 'sir', however excessive use of the word 'sir' must be avoided.

#### **Believe in yourself.**

The interview revolved around you; therefore, it is you and your performance that matters. Keep telling yourself that you have 'it' in you and believe in it. Don't be nervous and don't get intimidated by the personality and the aura of the IO.

#### **Express your emotions.**

Use your emotions to allow the IO to have a better understanding of yourself. Describe your feelings as and when appropriate. Avoid extreme emotions such as anger, sentiments, etc. Use your body language as a part of your emotional expression. Avoid giving political opinions. Remember, armed forces are always apolitical and above board.

#### **Be truthful**

Credibility, once lost is hard to regain. You want to portray yourself as morally trustworthy since your reputation is at stake. Be respectful towards the other person with whom you're speaking and be sensitive towards others' feelings.

#### **Positive thinking.**

Having a positive mindset is vital. Positive thinking helps in combating negative thoughts, it elevates one's mood and it helps us to focus on the bright side of life. It motivates us towards success. Being optimistic in the face of challenges is a positive trait that will help a candidate in the interview. While you are waiting for your interview to start, keep these tips in mind as they will help you combat stress and anxiety.

### **25 GOLDEN TIPS FROM A SENIOR INTERVIEWING OFFICER AT ISSB**

The interviewing officer discusses by way of questions and answers the opportunities you had in life and the utilization which you have made of them. It is a test of your heart. The interviewing officer is fairly senior and experienced in the armed forces. While he interacts with you, he visualizes whether you have the essential qualities to be trained to be an army officer. What you have done till date with regard to your basic educational performances in exams from 10th to present level, your achievements in extra-curricular activities, your hobbies, sports, activities and any other interests in life, your relation with your parents, friends, teachers and society at large, your general awareness and general knowledge and your physical and mental fortitude are important facets of his assessment. The interviewing officer understands and gives you fair benefit for shortcomings or mistakes which you may have committed. Thus, do not try and hide anything. The tendency of lying or making false pretenses is viewed negatively and is easily discernible.

#### **Do's of ISSB Interview**

Some basics which a candidate must keep in mind while preparing during an interview are as under:-

1. Be appropriately turned out for the interview.
2. Look smart, cheerful and enthusiastic.
3. Must remain happy and calm and respond politely to the interviewing officer's welcome remark.
4. Be audible but not too loud. Appear keen to speak and respond to questions.

## **LIONS FORCES COACHING ACADEMY 0344-1927042**

### **SAMPLE INCOMPLETE ISSB BOOK**

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5. Sit straight and comfortably, do not fidget, do not keep moving your hands and legs.
6. Acknowledge questions being asked by gently nodding your head and maintain eye contact throughout.
7. If you have not understood anything, politely ask for a clarification or to repeat the question.
8. Must be clear about facts and figures regarding your bio-data, marks obtained, ranking in competitive exams, dates, names of school / institution, teachers, friends etc. Avoid stating "I do not remember" and respond as far as possible.
9. A large number of questions are normally asked at one go in a sequence. Try and remember all these questions and attempt to answer them in the same sequence. If you fail to recollect all questions, finish those you remember and then request to clarify for anything, left out.
10. Prep well in general knowledge for the interview. You are expected to be aware about current events if asked.
11. Talk about hobbies, participation in games & sports, adventure activities and any other interests.  
You must have adequate technical knowledge about your hobbies and games you play. You shall get some questions on these.
12. Utilize your time while waiting for interview by reading newspapers and journals available in waiting room.
13. Watch TV News for updating yourself in candidates lines / waiting room.
14. Remain relaxed and at ease throughout during the interview.
15. Listen to complete questions before attempting to reply.
16. Be truthful and honest while replying to questions.

#### **Dont's of ISSB Interview**

1. Do not be shabbily dressed.
2. Do not be under stress during interview.
3. Do not discuss the questions asked by interviewing officer.
4. Never lie or put up a false pretence.

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**SAMPLE INCOMPLETE ISSB BOOK**

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5. If you are well read it is an advantage. If not, do not pretend to have read books/magazines and newspapers which you have only heard of.
6. Do not reply as has been told to you by the candidates interviewed before you. Their questions may have had a different perspective.
7. Avoid guess work. Better be polite and say "I don't know, sir, I shall find out".
8. Avoid being rigid, restorative, argumentative, overbearing, complacent and stiff, throughout the interview.
9. Don't keep mobile, watch etc on person during interview.

**INTERVIEW 12 TYPES OF QUICK MATH IS IN POUR FULL BOOK, INCLUDING:**

- PERCENTAGE MATHS
- EGG MATHS
- POLES MATHS
- RATIO FINDING
- DISCOUNT FINDING
- SPEED FINDING
- TIME FINDING
- DISTANCE FINDING
- AVERAGE FINDING
- SHARE FINDING

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**INTERVIEW ETIQUETTES CANDIDATES SHOULD KNOW**

**1. Good Entry** – A good beginning is half done. These need to be kept in mind while preparing for ISSB interview. Positive entry with humble behaviour makes the good image of the person. Polite voice coupled with gentle entry is the best way to enter the interview room.

**2. Eye Contact** – While attending the personal interview, candidates are advised to maintain eye contact with interviewing officer. This not only shows your alertness but also shows your confidence. Avoiding eye while answering any question or thinking something leaves a bad impact over IO.

**3. Posture** – The way you sit after entering the room, the way you stand while going out of the room and even the way you sit in entire interview period matter a lot. Shaking legs, biting nails, non-erect posture, etc. should be avoided. These traits show non-presence (mentally), lack of interest or lack of social moral values. Erect posture shows attentiveness and your interest to the speaker/ interviewing officer.

**4. Hand Movements** – Hand movement should be as low as possible. Try to bind your palm with your legs. Your attention and discipline will impress the interviewing officer. Hand movement with conversation should be controlled. Excess usage shows low confidence of the candidate.

**5. Talking Style** – The way of talking while the questioning and answering is going should be in a cordial manner. Speaking louder, or in a lazy way, fumbling, confusingly speaking, correcting yourself again and again, might take your chances of selection down.

**6. Mild Smile** – Answering with a mild smile on face doubles the impact of the candidate. Personal interview has some questions of enjoyment, seriousness and more, but candidate must keep a smile on the face. Remember, excessive laughing means you are excessively frank and not a serious guy toward your future or work. An officer has to be cool minded in all kinds of



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situations. An unstable mind can take the entire team to into a problem.

**7. Total Attention** – Paying total attention to the interviewing officer shows your attentiveness. It is the most important quality that an officer must possess. Hearing the questions or getting what IO wants to ask, his counter questions and his expression have to be attentively observed and your reply must be as per the requirement of the question. Answering irrelevant or out of topic will reduce IO's interest in you. Keep the conversation, comprehensive and crisp.

### **INTERVIEW GENERAL KNOWLEDGE**

#### **WORLD IMPORTANT SECRET AGENCIES AND ITS HEADQUARTERS**

<b>NAME OF AGENCY</b>	<b>COUNTRY</b>	<b>HEADQUARTER</b>	<b>DATE OF FOUNDATION</b>
ISI	Pakistan	Islamabad	1948
RAW	India	New Dehli	1968
Mossad	Israel	Tel Aviv	1949
CIA	USA	Fairfax Virginia	1947
M16	UK	London	1909
GRU	Russia	Moscow	1918
MSS	China	Beijing	1983
BND	Germany	Berlin	1956
DGSE	France	Paris	1982
ASIS	Australia	Canberra	1952

### **IMPORTANT TITLES**

1. Saifeullah
2. Kaleemullah
3. Rooh ullah
4. Khalilullah
5. Zabihullah
6. Zul no rain
7. Farooq e Azam
8. Sher e khuda
9. Syed Shuhada

Hazrat Adam (A.S)  
Hazrat Mosa (A.S)  
Hazrat Isa (A.S)  
Hazrat Ibrahim (A.S)  
Hazrat Ismail (A.S)  
Hazrat Usman (R.A)  
Hazrat Umar (R.A)  
Hazrat Ali (R.A)  
Hazrat Hamza (R.A)



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10. Saif ullah
11. Khateeb –ul-Anbia
12. Ghaseel ul Malaika
13. Sahib Us-Ser
14. Imam Dar ul Hijrat:

Khalid bin Waleed (R.A)  
Hazrat Shoaib (AS  
Hazrat Hanzala (R.A)  
Hazrat Khuzaifa (R.A)  
Imam Malik

**LITERAL MEANING**

Islam	Peace
Ansar	Soldier
Rasool	Sent to Bakra Cow
Tauheed	Oneness Quran Recitation
Akhowat	Union
Duniya	Closer
Nabi	Messenger
Rab Lord,	creator, sustainer
Zakaat	Purity cleanliness Jizya Compensation
Muhammad	To praise Zakhraaf Gold
Hadith	Saying of prophet
Jihad	Struggle
Mawakhat	Brotherhood
Muslim	To submit
Hajj	To intent

**BATTLES IN HISTORY OF ISLAM**

1. Jang e Badar was fought : 02 Hijri
  2. Jang e Motta was fought: 07 Hijri
  3. Jang e Ohad was fought: 03 Hijri
  4. Jang e Khandak was fought: 05 Hijri
  5. Ghazwa a Tabuk was fought: 9Hijri
  6. Sulah a Hudabiya in : 06 Hijri
- 624 muslims in Battle of Badr fought on 2hij
  - 625 muslims in Battle of Uhad. 3hij
  - 626 muslims in Battle of Rajih fought on.4hij
  - 627 muslims in Battle of Khandaq (Ahzab) fought on.5hij

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- 628, muslims in Treaty of Hudaibiya, Hazrat Khalid bin Walid Accepted Islam,
- Conquest of Khyber fought on.6hij
- 629, muslims in Battle of Muth, Preaching of Islam to various kings fought on.7hij
- 630, muslims in Battle of Hunain, Conquest of Makkah fought on.8hij
- 631, muslims in Battle of Tabuk fought on. 9hij
- 632, muslims in Hajjat-ul-Wida fought on.10hij
- 680, muslims in Tragedy of Karballah fought on.61hij

**IMPORTANT COUNTRIES AND THEIR CAPITALS**

**ASIA**

<b>COUNTRY</b>	<b>CAPITAL</b>	<b>LANGUAGE</b>	<b>CURRENCY</b>
Afghanistan	Kabul	Pashtu Dari	Afghani
Azerbaijan	Baku	Azeri	Manat
Bahrain	Manama	Arabic, English	Dinar, Bahraini
Bangladesh	Dhaka	Bangla	Taka
Bhutan	Thimphu	Dzongkha	Ngultrum
Brunei Darussalam	Bandar Begawan	Seri Malay, Chinese	Brunei Dollar
China	Beijing	Chinese (Mandarin)	Yuan
Hong Kong	Victoria	English, Chinese	Hong Kong Dollar
Georgia	Thilisi	Georgian	the Lari
India	New Delhi	Hindi	Rupee
Iran	Tehran	Farsi	Riyal

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Iraq	Baghdad	Arabic	Dinar
Israel	Jerusalem	Hebrew and Arabic	Shekel
Japan	Tokyo	Japanese	Yen
Jordan	Amman	Arabic Jordanian	Dinar
Kazakhstan	Astana	Kazakh	Tenge
Kuwait	Kuwait City	Arabic Kuwait	Dinar
Malaysia	Kuala Lumpur	Malay	Ringgit
Mongolia	Ulaan Bator	Mongolian	Tugrik
Myanmar	Yangon	Burmese	Kyat
Nepal	Kathmandu	Nepali	Nepali Rupee
Oman	Muscat	Arabic	Omani Rial
Pakistan	Islamabad	Urdu	Rupee
Qatar	Doha	Arabic	Qatar Riyal
Singapore	Singapore	Malay, Chinese, Tamil	Singapore Dollar

**EUROPE**

<b>COUNTRY</b>	<b>CAPITAL</b>	<b>LANGUAGE</b>	<b>CURRENCY</b>
Albania	Tirana	Albanian	Lek
Austria	Vienna	German	Euro Schilling
Belgium	Brussels	Flemish (Dutch), French, German	Euro
Denmark	Copenhagen	Danish	Krone
Finland	Helsinki	Finnish, Swedish	Markka

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France	Paris	French	French Euro
Germany	Berlin	German	Euro
Greece	Athens	Greek	Drachma
Hungary	Budapest	Hungarian	Forint
Iceland	Reykjavik	Icelandic	Krona
Ireland	Dublin	Irish Gaelic, English	Irish Pound
Italy	Rome	Italian	Italian Lira Euro
The Netherlands	Amsterdam	Dutch	Euro
Poland	Warsaw	Polish	Euro
Romania	Bucharest	Romanian	Leu
Russia	Moscow	Russian	Rouble

**AFRICA**

<b>Country</b>	<b>Capital</b>	<b>Language</b>	<b>Currency</b>
Algeria	Algiers	Arabic, French	Dinar
Botswana	Gaborone	English	Pula
Central	African	French	Franc
Egypt	Cairo	Arabic	Egyptian Pound
Ethiopia	Addis Ababa	Amharic	Birr
Ghana	Accra	English	New Cedi
Kenya	Nairobi	Kiswahili, English	Kenyan Shilling
Liberia	Monrovia	English	Liberian Dollar
Libya	Tripoli	Arabic	Libyan Dinar
Nigeria	Abuja	English	Naira

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**SOUTH AMERICA**

Country	Capital	Language	Currency
Argentina	Buenos Aires	Spanish	Peso
Bolivia	La Paz	Aymara Quechua	Spanish, the Boliviano
Brazil	Brasilia	Portuguese	Real
Chile	Santiago	Spanish	Peso
Colombia	Bogota	Spanish	Peso
French Guayana	Caine	French	Euro
Guyana	Georgetown	English	Guyana Dollar
Paraguay	Asuncion	Spanish	Guarani
Peru	Lima	Spanish Quechua	Nuevo Sol

**OTHER COUNTRIES**

Country	Capital	Language	Currency
Australia	Canberra	Australia English	Australian Dollar
Cuba	Havana	Spanish	Peso
Cyprus	Nicosia	Greek, Turkish	Cyprus Pound
Mexico	Mexico City	Spanish	New Peso
Monaco	Monaco	French	Franc
New Zealand	Wellington	English, Maori	New Zealand Dollar
Panama	Panama City	Spanish	Balboa

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## **DEMO OF GTO PORTION**

**THIS SAMPLE BOOK CONTAIN ONLY A VIEW OF PROGRESSIVE GROUP TASK.**

**FULL BOOK CONTAIN:**

### **COMMAND TASK:**

- WHAT IS COMMAND TASK?
- WHAT QUALITIUES ARE CHECKED IN COMMAND TASK?
- RULES
- 17 SOLVED RECENT COMMAND TASKS.

### **HALF GROUP TASK**

- WHAT IS HALF GROUP TASK?
- WHAT QUALITIUES ARE CHECKED IN HALF GROUP TASK?
- RULES
- 11 SOLVED RECENT COMMAND TASKS

### **PROGRESSIVE GROUP TASK**

- WHAT IS PROGRESSIVE GROUP TASK GROUP TASK?
- WHAT QUALITIUES ARE CHECKED IN PROGRESSIVE GROUP TASK?

- RULES
- 14 SOLVED RECENT PROGRESSIVE GROUP TASK

**GROUP DISCUSSION:**

- HOW TO START GROUP DISCUSSION?
- WHAT QUALITIES ARE CHECKED IN GROUP DISCUSSION?
- HOW TO TAKE PART IN GROUP DISCUSSION?
- HOW TO DISCUSS A NEGATIVE TOPIC?
- 20 SOLVED GROUP DISCUSSION

**LECTURATE TOPICS:**

- TIPS FOR LECTURATE TOPIC?
- HOW TO DELIVER LECTURE?
- HOW TO START LECTURE?
- HOW TO PRESENT NEGATIVE TOPIC IF GIVEN?
- 40 RECENT SOLVED LECTURATE TOPICS.
- WHAT QUALITIES ARE CHECKED IN LECTURATE TOPIC?

**MILITARY PLANNING:**

- WHAT IS MILITARY PLANNING?
- HOW TO MAKE PLAN?
- 10 SOLVED MILITARY PLANNING EXERCISES.
- WHAT QUALITIES ARE CHECKED IN MILITARY PLANNING?
- HOW TO CALCULATE SPEED AND DISTANCE?

**OBSTACLES:**

- HOW TO PRACTICE FOR OBSTACLES
- RULES
- GOOD POINTS



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- **WHAT QUALITIES ARE CHECKED IN OBSTACLES?**

#### **INTERVIEW:**

- **HOW TO ANSWER SEX RELATED QUESTIONS?**
- **QUICK MATHS METHODS**
- **GENERAL KNOWLEDGE FOR INTERVIEW**
- **CAPITALS**
- **WORLD MAP.**

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#### **PROGRESSIVE GROUP TASK:**

In tackling the obstacles of "Progressive Group Task", there are as a matter of fact, three main principles which are involved. They are, lever, bridge and swing. The plank or planks that are employed as helping material can be used either in the form of a lever or bridge according to the circumstances. A rope should invariably be tied, as the case may be, to the remotest end of the lever or bridge. This is very essential because it becomes impossible for the candidates to get or pull back the plank once they crossed over.

**Some of the fundamental rules which the Group Testing Officer clears to the candidates before beginning the task are;**

#### **Out of Bounds Rule**

The whole ground area and any other structure painted red between the start line and the finish line, and their helping materials and loads are out of bounds to the candidates. There is punishment for any candidate or any object that touches the out of bounds area. The defaulter has soon to go back to the start line of that obstacle. If any object touches the out of bounds areas, then the

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### **SAMPLE INCOMPLETE ISSB BOOK**

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object should be carried back by the defaulter to the stat-line and then it should be brought forward again

#### **The Four Feet Rule**

The candidates are not permitted to jump any distance exceeding 4 feet either in length or in height. Such distances, are to be crossed with the assistance of the helping materials (ropes or bellies).

#### **The Group Rule**

Every obstacle should be crossed by the whole group with its material and load, before the next obstacle is tried by anybody in the group

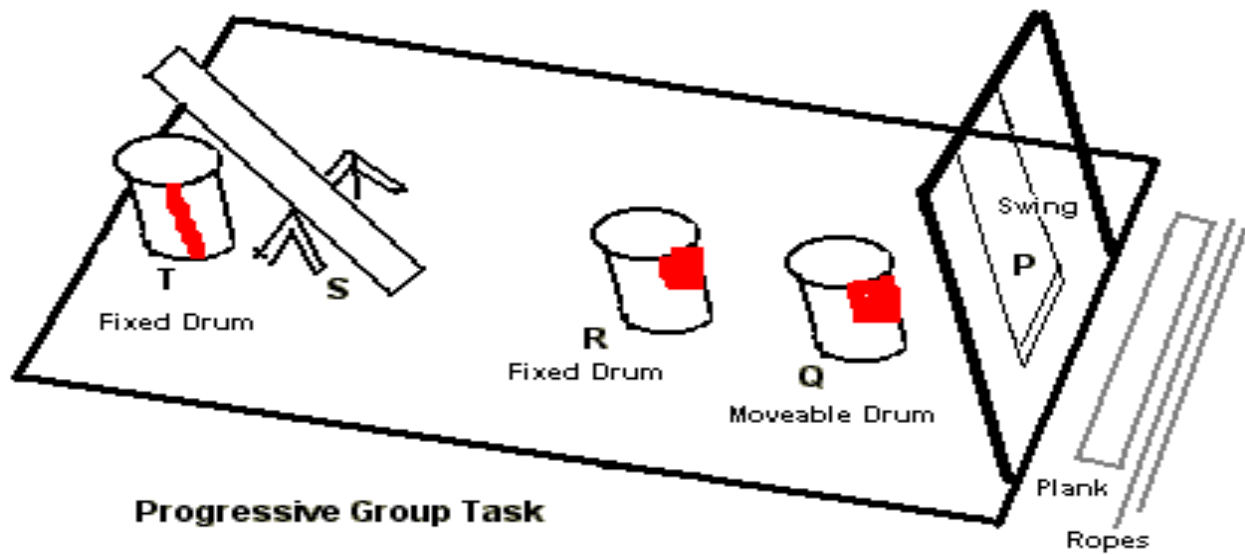
#### **The Time Rule**

The task should be concluded in 40 minutes. There is no time limit for each of the four obstacles which are included in this task.

#### **Example**

In the following hindrances, with the assistance of a plank and two ropes, the candidates are required to cross it over, where candidates are forbidden to jump up or down or cover a distance of four feet. There is punishment for any candidate or any object that touches the out of bounds red area. The time require to tackle the hindrances is 40 minutes.

## MODEL



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**OUR LAST BATCHES RESULT:**

**PMA 145 LC**

IN PMA 145 LC ,in first batch of ISSB ,our 3 students got  
recommended till now,proofs given below

Result Status

**\*\*\* Congratulation \*\*\***

NIC Number :

NIC Number :

BATCH ID: PKDY/53

Name : PERVAIZ ABBAS

Father's Name: SHERBAZ HUSSAIN

Course: 145 PMA L/C

Result Status: RECOMMENDED

2

Result Status

**\*\*\* Congratulation \*\*\***

NIC Number :

NIC Number :

BATCH ID: PKDX/146

Name : JOHAR MASOOD BASRA

Father's Name: MASOOD AHMED BASRA

Course: 145 PMA L/C

Result Status: RECOMMENDED

3

\*\*\* Congratulation \*\*\*

NIC Number :	
NIC Number :	
BATCH ID:	PGSC/57
Name :	HASEEB ALI
Father's Name:	MUHAMMAD ZAFRULLAH JATHOL
Course:	145 PMA L/C
Result Status:	RECOMMENDED

**PMA 144 LC RESULT:**

\*\*\* Congratulation \*\*\*

NIC Number :	
NIC Number :	
BATCH ID:	
Name :	HAFIZ ADEEL AHMED
Father's Name:	ZULFIQAR AHMED
Course:	144 PMA L/C
Result Status:	RECOMMENDED

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2

**\*\*\* Congratulation \*\*\***

NIC Number :	
NIC Number :	
BATCH ID:	
Name :	HAFIZ ADEEL AHMED
Father's Name:	ZULFIQAR AHMED
Course:	144 PMA L/C
Result Status:	RECOMMENDED

3

**\*\*\* Congratulation \*\*\***

NIC Number :	
NIC Number :	
BATCH ID:	
Name :	SYED HAMMAD RAZA AKHTAR
Father's Name:	SYED AKHTAR HUSSAIN SHAH
Course:	144 PMA L/C
Result Status:	RECOMMENDED

4

**\*\*\* Congratulation \*\*\***

NIC Number :	
NIC Number :	
BATCH ID:	
Name :	SYED HAMMAD RAZA AKHTAR
Father's Name:	SYED AKHTAR HUSSAIN SHAH
Course:	144 PMA L/C
Result Status:	RECOMMENDED



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5

**\*\* Congratulation \*\*\***

NIC Number :	
NIC Number :	
BATCH ID:	
Name :	MUHAMMAD WALI-BIN-AAMIR
Father's Name:	MUHAMMAD AAMIR IFTIKHAR
Course:	144 PMA L/C
Result Status:	RECOMMENDED

6

**\*\*\* Congratulation \*\*\***

NIC Number :	
NIC Number :	
BATCH ID:	
Name :	MUHAMMAD ZAGHUM HUSSAIN
Father's Name:	MUHAMMAD AYOUB RAZA
Course:	144 PMA L/C
Result Status:	RECOMMENDED

7

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**\*\*\* Congratulation \*\*\***

NIC Number :	
NIC Number :	
BATCH ID:	
Name :	SHARIK MUNAWAR
Father's Name:	MUHAMMAD MUNAWAR
Course:	144 PMA L/C
Result Status:	RECOMMENDED

8

**\*\* Congratulation \*\*\***

NIC Number :	
NIC Number :	
BATCH ID:	
Name :	ANEES SHEHRYAR
Father's Name:	ALLAH YAR
Course:	144 PMA L/C
Result Status:	RECOMMENDED

9

**\*\*\* Congratulation \*\*\***

NIC Number :	
NIC Number :	
BATCH ID:	
Name :	SYED HAMMAD RAZA AKHTAR
Father's Name:	SYED AKHTAR HUSSAIN SHAH
Course:	144 PMA L/C
Result Status:	RECOMMENDED

10

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\*\*\* Congratulation \*\*\*

NIC Number: 678

NIC Number: -678

BATCH ID: PSOX/3

Name: SYED LARAIB

Father's Name: SYED RASHID ZAIB

Course: 144PMA L/C

Result Status: RECOMMENDED

OUR 143 LC RESULT

\*\*\* Congratulation \*\*\*

NIC Number : 4

NIC Number : 4

BATCH ID: P

Name : AADIL BASHIR

Father's Name: BASHIR AHMED

Course: 143 PMA L/C

Result Status: RECOMMENDED

2

\*\*\* Congratulation \*\*\*

NIC Number : 3

NIC Number : 3

BATCH ID: P

Name : USMAN ARSHAD

Father's Name: MUHAMMAD ARSHAD

Course: 143 PMA L/C

Result Status: RECOMMENDED

3

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\*\*\* Congratulation \*\*\*

NIC Number :	3
NIC Number :	3
BATCH ID:	P
Name :	MUHAMAMD AHMAD
Father's Name:	ZAFAR IQBAL
Course:	143 PMA L/C
Result Status:	RECOMMENDED

4

\*\*\* Congratulation \*\*\*

NIC Number :	3
NIC Number :	3
BATCH ID:	P
Name :	MUHAMAMD AHMAD
Father's Name:	ZAFAR IQBAL
Course:	143 PMA L/C
Result Status:	RECOMMENDED

OUR 142 LC RESULT

\*\*\* Congratulation \*\*\*

NIC Number :	3
NIC Number :	3
BATCH ID:	P
Name :	HASSAN RIAZ CHAUDHARY
Father's Name:	CHAUDHARY RIAZ AKHTAR
Course:	142 PMA L/C
Result Status:	RECOMMENDED

2

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\*\*\* Congratulation \*\*\*

NIC Number :	35202-069-9
NIC Number :	35202-069-9
BATCH ID:	PG
Name :	HAFIZ AHMAD GHAFAR
Father's Name:	MUHAMMAD GHAFAR
Course:	142 PMA L/C
Result Status:	RECOMMENDED

3

\*\*\* Congratulation \*\*\*

NIC Number :	35202-069-9
NIC Number :	35202-069-9
BATCH ID:	P
Name :	SUFYAN HAMEED
Father's Name:	ABDUL HAMEED
Course:	142 PMA L/C
Result Status:	RECOMMENDED

4

\*\*\* Congratulation \*\*\*

NIC Number :	35202-069-9
NIC Number :	35202-069-9
BATCH ID:	P
Name :	USAMA UMAR
Father's Name:	UMAR RASHEED
Course:	142 PMA L/C
Result Status:	RECOMMENDED

5



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**\*\*\* Congratulation \*\*\***

NIC Number :	35202-069-9
NIC Number :	35202-069-9
BATCH ID:	PG
Name :	HAFIZ AHMAD GHAFAR
Father's Name:	MUHAMMAD GHAFAR
Course:	142 PMA L/C
Result Status:	RECOMMENDED

**OUR PAF & NAVY RESULT;**

**Congratulation \*\*\***

NIC Number :	
NIC Number :	
BATCH ID:	ACGAL/56
Name :	FARAZ AHMAD
Father's Name:	FAZAL HUSSAIN
Course:	125 CSC - ACCTS BR
Result Status:	RECOMMENDED

**2**

**Congratulation \*\*\***

NIC Number :	
NIC Number :	
BATCH ID:	ACGAL/56
Name :	FARAZ AHMAD
Father's Name:	FAZAL HUSSAIN
Course:	125 CSC - ACCTS BR
Result Status:	RECOMMENDED

**3**



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Result Status

**\*\*\* Congratulation \*\*\***

NIC Number : 3

NIC Number : 3

BATCH ID: A

Name : SIKANDAR ABBAS

Father's Name: GHULAM ABBAS

Course: PAF COURSES

Result Status: RECOMMENDED

4

Result Status

**\*\*\* Congratulation \*\*\***

NIC Number : 3

NIC Number : 3

BATCH ID: A

Name : SIKANDAR ABBAS

Father's Name: GHULAM ABBAS

Course: PAF COURSES

Result Status: RECOMMENDED

5

Result Status

**\*\*\* Congratulation \*\*\***

NIC Number : 3

NIC Number : 3

BATCH ID: A

Name : SIKANDAR ABBAS

Father's Name: GHULAM ABBAS

Course: PAF COURSES

Result Status: RECOMMENDED

6

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**Congratulation \*\*\***

NIC Number :	3
NIC Number :	3
BATCH ID:	A
Name :	MUHAMMAD NOFIL BIN ADEEL
Father's Name:	ADEEL RIAZ
Course:	PAF COURSE - 94 CAE
Result Status:	RECOMMENDED

7

**Congratulation \*\*\***

NIC Number :	3
NIC Number :	3
BATCH ID:	A
Name :	MUHAMMAD NOFIL BIN ADEEL
Father's Name:	ADEEL RIAZ
Course:	PAF COURSE - 94 CAE
Result Status:	RECOMMENDED

8

**\*\*\* Congratulation \*\*\***

NIC Number :	4
NIC Number :	4
BATCH ID:	ASVS/15
Name :	MUHAMMAD TAHA BIN ARSHAD
Father's Name:	MUHAMMAD ARSHAD
Course:	PAF COURSES (103 AD/AS&D)
Result Status:	RECOMMENDED

9

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\*\*\* Congratulation \*\*\*

NIC Number :	35
NIC Number :	35
BATCH ID:	A
Name :	ABDULLAH KHAN
Father's Name:	ZUBAIR KHAN
Course:	123 CSC/PAF COURSES
Result Status:	RECOMMENDED

10

\*\*\* Congratulation \*\*\*

NIC Number :	35201-4853-1
NIC Number :	35201-4853-1
BATCH ID:	ETS
Name :	CHOUDHARY ALI USMAN
Father's Name:	CH MUHAMMAD AFZAL
Course:	30TH TCC
Result Status:	RECOMMENDED

11



\*\*\* Congratulation \*\*\*

NIC Number :	17201-4697081-7
NIC Number :	17201-4697081-7
BATCH ID:	AGZL/83
Name :	BILAL ARIF
Father's Name:	MAJ (R) ARIF NAZIR
Course:	PAF (122 CSC)
Result Status:	RECOMMENDED

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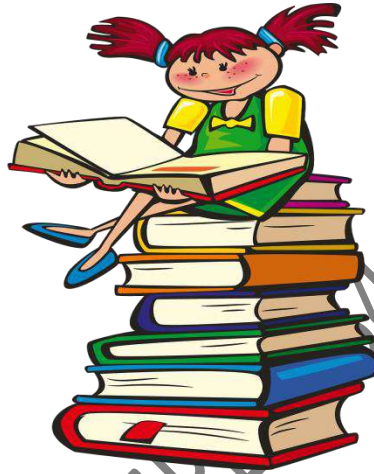
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